

It's one thing to strive for better character or to want to be a better person. What makes the difference are our actions throughout each day – starting at the beginning. Though morning routines differ greatly, we inevitably find ourselves standing in front of the mirror. *What is staring back at us? Aside from the 'bed head' and pillow creases across our face, we see a brand new day and the chance to do anything or be anyone.* So we ask ourselves, "Who do I want to be today?" We can start the day in a positive way by committing to better choices. Perhaps we can carry around a token to serve as a reminder of the person we are challenging ourselves to become. A paperclip? A rubber band around our wrist? A special coin? We can be reminded of the commitment we made that morning in the mirror every time we put our hand in our pocket or catch a glimpse of our wrist.

We can say that we want to be people of character and values and never practice it in our daily actions. **At the end of the day all we have is our reflection in the mirror.** Who is staring back at us now? What kind of person have our actions today made us? We are not perfect beings; we can and should allow ourselves to falter at times. What's important is the attempt. We know we can do something to better ourselves; the challenge is to act.

WHO do you want to be today?

How does that make you feel at the end of the day?



Imagine... knowing the power you have to make yourself a better person.

— From Pondering to Practice —

Activity:

Talk to people on your lunch break, around the dinner table or with friends about the positive things you did today.

- This celebrates your accomplishments out loud.
- This has the potential to set up a positive example for others.
- Ask the other person to share as well and celebrate together!

Reflection:

Look at yourself in the mirror at the end of the day and reflect.

- What positive things have you done today to help yourself?
 - To help someone else?
 - To help your surroundings?
- Looking back, are you proud of the way you handled things in your day?
- Think about something that you did well today – go to sleep celebrating that.

"We are what we repeatedly do."

- Aristotle

What a way to fall asleep! Sweet dreams!

